



BRFSS Cholesterol

Fact Sheet

Chronic Disease Epidemiology Unit

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Recommendation: The National Heart, Lung, and Blood Institute recommends that everyone over 20 years of age have a fasting lipid profile performed at least once every 5 years.

No Cholesterol Screening: Respondents, 35 years or older, who have not had their blood cholesterol level checked within the past five years.

High Cholesterol: Respondents aged 35 years or older who have had their blood cholesterol checked, and have ever been told by a doctor or other health professional that their cholesterol level is too high.

Healthy People 2010 goal: Reduce to 17% the proportion of adults 20 years and older who have total blood cholesterol levels of 240 mg/dL or greater. Increase to 80% the proportion of adults who have been screened for high cholesterol within the preceding five years.

In 1999 23% of Louisiana residents aged 35 and older had not had their cholesterol checked in the past five years.

In 1999 31% of Louisianans aged 35 and older had high cholesterol levels.

The prevalence of elevated blood cholesterol among Louisiana females (33%) exceeds that of Louisiana males (29%), but the prevalence of inadequate cholesterol screening was similar for females and males (23% vs. 24%) [Fig 2].

Thirty-four percent of whites had been told that their cholesterol was high, compared to 24% of African Americans; however, 29% of African Americans were inadequately screened, compared to 21% of whites [Fig 3].

All data from the Louisiana Behavioral Factor Surveillance System: 1991-2000 Chronic Disease Report:
[<http://oph.dhh.state.la.us/chronicdisease/behavioralrisk>]

